



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09321, Sugar-apples, (sweetsop), raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	73.23	12	1.078	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	94	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	393	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	2.06	9	0.258	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.29	8	0.083	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.78	9	0.083	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	23.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	4.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	24	10	3.403	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	32	8	5.054	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	247	5	28.408	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	9	5	3.230	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Copper, Cu	mg	0.086	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	36.3	9	4.906	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.110	7	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.113	7	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.883	7	0.082	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985

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Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	0	9	0.127	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	6	9	2.533	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lipids													
Fatty acids, total saturated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.114	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.114	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.010	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.055	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.007	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985